



Nourishing News

The Nourish and Develop Foundation's monthly newsletter

We invite you to learn a little about what we do and experience some other community Highlights.



Did You Know?

47 new families (42% of current clients) joined the food pantry program for

the first time this year. Only 27% of current pantry clients remain from the first year (2011). As part of Nourish and Develop Strategy, 25% of current clients are now participating in various TNDF programs (i.e. volunteering, community garden, food skills development,). If we include those clients involved in outside programs (i.e. North House's wraparound and others in a Circle of Care), we find another 24% more. This is a reflection of our commitment to make a difference in people's lives, ultimately positively affecting our community as a whole.

Did you know that the rates of homelessness in Brock are just as high as they are in Scugog and Uxbridge? That means there are too many hungry, homeless and hurting people in our own backyards. We believe it is important to create relationships in the community working collaboratively with each other in order to attain a common goal. In one of our efforts to support causes that we feel will make an impact toward Food Security, Homelessness and the Hurting we have joined forces with a number of community people and organizations to form a team in The Coldest Night of the Year Fundraising Campaign. Donations collected go towards North House great work in North Durham, including Brock Township. For more details on how you can be part of the solution check out this link.

<https://secure.e2rm.com/registant/FundraisingPage.aspx?registrati onID=2687209&langPref=en-CA#&panel1-2>

In this Issue

Coldest Night of the Year Program Highlights

FANS

Food Factor

Wonderful Weeds

Kudos Corner

Hot Dates

Food Pantry Fridays

10-1 every week

Wed. Feb 4th & 18th Community

Lunch 11:30-1:30 Cannington

Trinity United Church

Thurs. Feb. 5th Lunch & Learn

12-1 @ TNDF Food on our Minds

Wed. Feb. 11th Interior Design WS

Tues. Feb. 17th Table Talks 6:30

Wed. Feb. 18th Timebank 1:30

Thurs. Feb. 19th FANS Bountiful

Basket Pick up between 11-3

Sat. Feb 21st Coldest Night of the

Year Walk in Port Perry



Comparing apples to apples according to the Hungry, Homeless and Hurting~

TNDF Program Highlights

Community Luncheon Welcome to Carol Deith who has joined the Nourish and Develop team as our new Food Skills Development co-ordinator. Wishing you had more experience in the kitchen? Looking for some way to enhance your resume through skill development? Ask us about our Food Skills Workshops? Join a program that takes you through the steps of Food Handling, Cooking on a budget, Knife skills and Smart Serve. This month Leona Kenny from LRK Interiors will help participants learn how they too can decorate on a budget. Check her out at www.lrkinteriors.com Stay tuned for Leona's next appearance at TNDF.

Time Bank Think about trading your skills for someone else's. Find out more Feb. 18th 1:30 @TNDF *right after community lunch!*



Email Volunteer Ron to find out more davies28202@hotmail.com

Table Talks Last month Mila from Lavender-Blu shared with us some of the multi-fauceted uses for Lavender. This month it's Seed Starting with John Nowakoski. Come out to this free event and 'lettuce' get growing! Tues. Feb. 17th 6:30 @TNDF and it's all FREE! Everyone Welcome!

Maple Tree Garden Yay! It's February! Time to start our indoor planting. The sun is getting brighter and shining for longer on our edible orchard ☺ Start your seeds with us at Table Talks!

Community Food Hub The doors are expected to open this spring. We ordered the flooring and paint this week. To keep posted on what's all the Hub About? Go to www.tndf.ca and see how you can be part of this exciting community project.

Lunch & Learn 1st Thursdays 12-1 Food on our Minds: Diet, Mental Health and the Role of Community Programs:

There is a growing body of evidence that suggests that a healthy diet plays a central role in our mental health. Food has been shown to play an important role in the development, management and prevention of specific mental health problems such as depression, schizophrenia, ADHD, and dementia. And for those who face the daily stressors of poverty, food insecurity compounds the issue making it an even greater struggle to maintain mental health. <http://cfccanada.ca/>

FANS Good Food Box Big Thanks to Brocks Big Bite for sponsoring a basket a month until Big Bite Month! A special Kudo's to Cannington's Trinity United Church for supporting FANS (Fresh, Affordable, Nutritious, Seasonal) through their White Gift Offering that will keep giving well throughout the year. Many other food boxes, were sponsored by Ontario Works, benefiting low income families in Brock. The good food box program with 252 boxes (up 66%) purchased \$4,788 from local food farmers/grocers, supporting the local economy. The program continues encouraging healthy eating and educating people about the importance of consuming fresh vegetables and fruits for our diet. **Order your FANS the 1st Thursday of each month and pick up the 3rd Thursday**

Food Factor

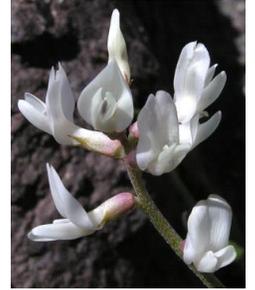


Immunity Soup, Dr. Andrew Weil courtesy Ginkgo Tree

- 1 1/2 tsp extra virgin olive oil
- 2 large onions, thinly sliced
- 3 garlic cloves, mashed
- 1 tbsp. minced fresh ginger
- 4 ounces shiitake mushrooms, stemmed and thinly sliced (2 cups)
- 2 large carrots, thinly sliced on the bias
- 2 1/2 pieces astragalus root or 30 drops tincture
- 10 cups mushroom stock
- 2 tbsp. tamari or soy sauce
- salt optional
- 2 cups broccoli florets
- 1/2 cup scallions

1. In a large pot, heat the olive oil over medium heat. Add the onions, garlic and ginger and sauté until soft and translucent. Add the shiitakes, carrots, astragalus root, and mushroom stock. Bring to a low boil. Reduce heat and simmer for 45 minutes
2. Add the tamari and adjust the seasoning with salt if needed. Add the broccoli florets and cook until tender, about 2 minutes
3. Remove the astragalus root pieces. Ladle the soup into bowls and garnish with the scallions before serving.

Astragalus is from China, this herb stimulates the immune system and aids in digestion and adrenal gland functions. It is also a diuretic. The effectiveness of this herb is due to polysaccharides, saponins and flavonoids. It has also been taken to combat the common cold and flu. Its digestive health benefits demonstrate the lowering of stomach acidity, resulting to an increase in the body's metabolic rates and the promotion of waste elimination.



4. Use your imagination here as well. What other health benefits could you add Sunflower Seeds, miso, chopped cabbage?

Wonderful Weeds Chives are a commonly used herb and can be found in grocery stores or grown in home gardens. They can be dry-frozen retaining the taste, giving home growers the opportunity to store harvested from their own gardens. In culinary use, the scapes and the unopened, immature flower buds are diced and used as an ingredient for fish, potatoes, soups, and other dishes. Chives have insect-repelling properties that can be used in gardens to control pests. Chives are very low in calories; 100 g of fresh leaves provide just 30 calories. They contain many flavonoid anti-oxidants, plant fiber, minerals, and vitamins that have proven health benefits.



Kudos Corner

Many thanks and best wishes to Kimberlee Morrisee 2nd from right on her new adventures out west! To our great team of volunteers, as well as to all of you who come out for delicious food and great conversation and to everyone who supports the Community Lunch through their participation and donations...KUDOS!



IN ALLIANCE WITH
COMMUNITY FOOD CENTRES CANADA

2014 and 5 community partners (Trinity United Church, Cannington Foodland, Cannington Scotia Bank, Katie's Café, and Holy Grounds Cafe) assisted with the program.

Kudos to Jamie Lamareux for his ice carving of a skateboarder "Thanks Dave" won 1st prize!

The community lunch program raised \$1,465 in donations to pay for ingredients and participants certificates and back to the church. 7 participants were registered in the program in



Program Hours

Nourish and Develop is open weekdays from 9 am- 5 pm

33 Cameron St. E. Cannington, ON L0E 1E0

705-432-2444

The Food Pantry is open every Friday from 10am to 1pm Join us for workshops, webinars or community events! Check out the Nourish and Develop Facebook page or www.tndf.ca for details about how you too can be part of a grass roots way to *alleviate* poverty and increase equality.

